THE NAUTILUS.

Devoted to the Practical Application of Mental Science in Every Day Living.

Build thee more stately mansions, oh, my soul,
As the swift seasons roll. Leave thy low vaulted past.
Let each new mansion, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free; leaving thine out-grown shell
By life's unresting sea.—Holmes' "The Nautilus."

Vol. II. | MONTHLY. Fifty Cents a Year. | AUGUST, 1900. | ELIZABETH LOIS (STRUBLE) TOWNE, HOLYOKE, MASSACHUSETTS. | No. 10.

DON'T FRET.

When worries and troubles surround you,
Don't fret.
Go to work!
You will always have troubles around you,
You bet
If you shirk.
The world doesn't care for your woes,
Oh, no!
Not a bit!
The man who is wise never shows
His foe
That he's hit.
Every one of your neighbors has griefs of his own:
He greatly prefers to let your griefs alone,
And he doesn't at all enjoy hearing you groan,
So take warning, and quit!

Somerville Journal.

DESIRE, CRUCIFIED, SHALL RISE AGAIN.

"Please explain the meaning of your words on page 1, July NAUTILUS, 'The crucifixion of desire is good.' Now I am being taught by mental scientists that our desires are all good, but that they may possibly require modification."

Our desires are all good just as the human race is all good; and just as some of the human race suppress, oppress, crucify others of the human race, so some of our desires suppress and crucify others.

In either case the *conservative* crucifies the radical. The radical is always an expansionist; the conservative an anti.

The radical, unrestrained, would expand so fast that all semblance to the original would disappear and chaos result.

The conservative would hold things forever as they are.

All growth, in plant, animal, man or social organization, is by one process: by the radical or active life *pushing through the weak places* in the conservative or negative life.

Buds do not push out from the solid bark of a tree—the resistance is too great. But that same life force, pent inside the bark, pushes on and ever upward until it finds an outlet, a place where it can *express itself.*

Imagine that same tree without bark or fiber if you can. The life force would *spread out* in all directions, growing but an unsightly, disorderly excrescence instead of a beautiful and orderly tree.

All through the autumn and winter the tree is peacefully possessed by the Conservative Element; in the spring the Radical Element rises, rises, seething with New Ideas.

The Conservative Element strains and strives to hold its time-honored Forms. All the new life forced into it by the rising Radical is used only to enlarge and add to the old form.

The Radical is not satisfied with the old and pushes, expands, forces, INCREASES, until, between the growth from within and the pressure from without, it rises to the top, finds the weak points in the Conservative armor and pushes through into new expression.

There is not only room at the top, but *all freedom is at the top.*

Anywhere short of the top all is striving and straining.

The Conservative Element in all Life, the restraining, repressing, crucifying element *forces life into higher channels*, ever nearer to freedom.

Do you catch a glimpse of why the crucifixion of desire is good? Desire is to man what sap is to a tree. Given free run *near the earth* it would never express beyond the "worm-of-the-dust" stage. Environment *forces* desire into higher channels. Self-repression forces it still higher. But at last all this forcing, repression, crucifixion, results in freedom of expression.

To-day is the day of freedom—NOW are the new buds bursting forth from every weak place in the old conservative shell. The day of repression and force is past. We are FREE.

Therefore we say, "Desire is good; *trust* desire." And we also say, "The crucifixion of desire is good," for by it desire rises. And again we exclaim: "ALL *is good!*"

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DESIRE is the only infallible guide. Let him who *desires* to crucify desire, crucify it.

Gradually desire will *rise above* the crucifixion point and express in freedom.

"ENTERING THE SILENCE."

"The July NAUTILUS at hand stirs me up to write you a letter. It is a good number by the way, and I have read it with much pleasure. I want to enter a mild protest, however, against your answer to a correspondent, anent, 'Entering the Silence.' Nearly all metaphysical writers, speakers and healers talk glibly about 'Entering the Silence.' In answer to a direct question Mr. Charles B. Newcomb told me the other day that the expression *did* represent a distinct and peculiar condition or experience. I asked the question of Newcomb because I had never been able to have any such experience, and I have always been of the opinion that I can do anything that anyone else can, except, perhaps, in the matter of muscular ability. Ralph Waldo Trine, in his book, 'In Tune With the Infinite,' tells of a man—well, here it is, word for word: 'One of the most intuitive men we ever met had a desk in a city office, where several other gentlemen were doing business constantly and often talking loudly. Entirely undisturbed by the many various sounds about him, this self-centered, faithful man would, in any moment of perplexity, draw the curtains of privacy so completely about him that he would be as fully enclosed in his own psychic aura, and thereby as effectually removed from all distractions, as though he were alone in some primeval wood. Taking his difficulty with him into the mystic silence in the form of a direct question, to which he expected a certain answer, he would remain utterly passive until the reply came, and never once, through many years' experience, did he find himself disappointed or misled.' In view of these things, your correspondent's question is a very natural and proper one. If we are in the silence now—'never was anywhere else'—why in the name of all the Gods at once should anybody make use of the expression."

For much the same reason that they make use of the expression, "The sun rose." We know the sun never rose—the earth turned over. But the sun *seemed* to rise. Just so we *seem* to be in the noise. *But we are in the silence*, NOISE AND ALL. Nobody ever was anywhere else.

What *is* noise? It is an effect produced upon our consciousness by certain degrees of vibration; *all vibrations being themselves noiseless.*

What people "hear in the silence" is effect produced in exactly the same manner—by impingement of vibrations upon certain nerve centers.

If a man can get away from the coarse vibrations he hears the finer ones. *All are in the silence.*

He can still the coarse ones by getting out of range of them, or he can control his nerve centers so they will not let the coarse vibrations pass to the brain.

This may be done by suggestion. In which case a man has a "distinct and peculiar condition or experience."

But many people are *born* with the ability to so shut off the coarser vibrations—"the noise"—and never lose that power. It is natural to them. I have from my earliest recollection done what Ralph Waldo Trine describes as being done by that intuitive man, and done it without an effort. And I have seen many children, and some adults, who unconsciously did the same thing. Furthermore, I venture to say few normal beings exist to-day who have not done the same thing. When a man is absent minded he is "in the silence" in the fullest sense, though he "went" there involuntarily and with no purpose in view. And he really has a "distinct and peculiar experience."

The only difference between the absent-minded condition and "going into the silence" is that in the first the attention is *attracted* by something beyond the immediate surroundings, while the latter experience is a matter of choice; the one is experienced on the unconscious, the other on the self-conscious plane.

I am not making this statement from hearsay, nor yet from simple "reasoning" it out; but from actual experience of "the silence" on both planes.

Every experience is a "special experience." In no other sense is "going into the silence" a "special condition or experience."

Any man or woman who WILLS may "go into the silence" if he does not permit himself to be mystified by some occultist's flowery description of some other body's experiences. Mental scientists have not altogether outgrown the tendency that creates a spook out of some harmless white sheep, a dark night and a graveyard; that records a miraculous cure where only the imagination was sick; that, in short, sees pretty nearly what the owner wants it to see. A great many new

science statements will not bear investigation under "test conditions."

Did you ever attend a good old-fashioned Methodist "revival meetin'?" I have. Once on a time I went to one in a small church in a country district. A number of people "got happy" that night. It was quite a distinct and peculiar experience all around, and I saw more than one face lit up with a new life—a life drawn out of the silence. Some were very quiet and "Peace" was the one word written across their face. Some were boisterous in their happiness. And one great strapping six-foot wood hauler I shall never forget. He was brought up and introduced to me for congratulations. "I am glad you are so happy," I said. "Yes, *ma'am*," he replied with earnest complacence, "and I hed a *turrible* time a'gittin' thar!"

A lot of people have a turrible time a'gittin' into the silence, but it is only the noise of their own exertions that is turrible. The silence is undisturbed, and the moment a man quits thrashing around he *realizes* where he is.

"*The silence" is just as omnipresent as the Law is.* "*Be still and know*" is all the direction any human being can give you.

CHARACTERISTICS OF INDIVIDUALS WHO ATTAIN LONGEVITY.

"Long life is not an accident. It is not even an inheritance for the inheritance of physical vitality sufficient to make a centenarian may be dissipated away in twenty years of riotous living. The scion of a long lived race may die early (as he often has died) of debility or wasting disease induced by unhygienic living. On the other hand, a small stock of vital force husbanded carefully may often prolong life to a healthy and efficient old age. A careful examination will show that certain physical characteristics are usually associated with longevity. Perhaps the most notable of these is carriage. Ninety-nine out of a hundred people have curvature of the spine. The octogenarian is the hundredth man. His spine is a straight line, his head erect, his chest broad and deep. This means that the vital organs are properly supported by the attachments provided by nature, and that they do not rest upon and crowd each other.

"The heart, lungs, stomach, liver and kidneys are thus enabled to do their work unimpeded, and their activity in providing food for the tissues and in removing waste matter—which is the prime cause of disease—is a potent factor in longevity. A large trunk, with legs short in proportion, a straight spine and an erect carriage are among the most obvious characteristics of those who attain great age.

"Another characteristic, less evident to the untrained observer, but equally important, is the habit of slow, deep respiration. The oxygen is the only real food, for only the matter oxidized in the system becomes tissue. Deep full breathing means an immensely increased amount of oxygen ingested and an equally augmented quantity of poisonous matter eliminated by the lungs. Mental quietude is essential to proper breathing. The excited man, the emotional individual, who suffocates with joy, palpitates with enthusiasm, chokes with rage, gasps with astonishment, sighs with intensity of his attachments—the emotional individual, by every inequality of his respiration, abbreviates his life.

"Another physical characteristic of longevity, most important of all and seldom or never noticed, is ease and repose of movement. The old person—the hale, vigorous, healthy old man—moves easily, lightly, silently. He has always moved that way. That is the reason he is here now instead of with the others who, with their gasps and sighs, their clinched brows and twirling thumbs, their intense emotions and little complaints, are gone and forgotten. Ease of movement and grace depend upon muscular relaxation, Muscular relaxation is impossible except when the mind is tranquil.

"A fourth peculiarity of those who live long is that they are invariably small eaters. Gourmands die young. The octogenarian is always frugal. The enormous physiological task of digesting and excreting daily pounds of food not needed by the organism is not performed by the frugal eater, and so he has the more vitality to expend in thought, in working and in living out his century. We live not so much because of what we eat as because of what we do not eat. Much has been written on the subject of longevity, but little that to-day possesses any beyond a merely literary interest. The influence of occupation, of climate, of stimulants, of location, of race and breeding upon longevity opens interesting fields of discussion, but affects the matter indirectly. To recapitulate: The four leading characteristics of the individual who attains longevity are large thorax, deep, full, slow breathing, muscular relaxation and frugal habits of diet."

AUTHOR NOT KNOWN.

WHOM LOVE HATH JOINED.

I suppose you are curious to know my "principles" anent love and marriage. First of all I believe love IS marriage and no word of church or state can either marry or divorce two people. "God is love" and whom love joins none *can* put asunder.

All honor to the men and women who are teaching the world by precept and example, this truth.

And that reminds me that Alice Wolverton Eyre's new journal, "Ideal Love" (price one dollar a year; address 12 West Nineteenth street, New York) "an exposition of views concerning a new marital system," is a beauty and deserves greater success than is generally accorded to free thought and free love exponents.

Love is marriage, and a ceremony adds not a jot to the sanctity or happiness of marriage, and the marriage law is undoubtedly a source of abuse in many cases.

But what is, is best up to date. The abuses and the ceremony itself will eventually disappear, *but not until the individual can trust himself and others to do without compulsion what he would have others do.*

To bring the world to a true realization along these lines martyrs to the cause may be necessary. Let him who DESIRES be a martyr. I have no desire to abridge my own freedom and curtail my effectiveness as a teacher by putting myself so far outside the vast enclosure of "respectability."

And I believe not only in a love great enough to live without "bonds," but in a love great enough to wear a marriage certificate as a lady would wear a beautiful jewel—as an adornment and not as an ugly bond. There is no marriage "tie" save in the mind of the married. There is none in my mind, for I AM LOVE and love *cannot* be tied.

MY OWN AND ME.

For once somebody got ahead of Thomas Jefferson Shelton, and didn't have to get up early in the morning to do it. July NAUTILUS contained the announcement of my marriage, which occurred May 26, and a week or so later *Christian* announced Shelton's marriage on June 4.

Hugh Pentecost says, "Cupid is playing havoc with the Omnipotent Ones!"

Don't you believe it.

The Omnipotent Ones have found their own.

Shelton's own came to him; I arose and went to my own, wherefore I got there a little in advance.

I was 3,000 miles away when my spirit discerned "Him Whom My Soul Loves." He is one of the joys THE NAUTILUS revealed to me—one of the first.

He has been to me for almost a year and a half The Faithful One. His vibrations have steadied me and kept my aim true, and inspired me to loftier aspirations. His spirit has gone with me through the "Red Sea" and kept me quiet and full of faith in difficulties that otherwise would have overwhelmed me.

He was all this to me while yet unseen.

Faith in the Unseen impelled me to action, with the result that in due time the Unseen became visible. My Soul loved the unseen William and I journeyed 3,000 miles on pure Faith.

That is the sort of faith which is rewarded. We were married the hour we first met.

We have had bushels of letters of congratulation and we deserve them all. Every Sweetheart is happy with us and we with them. Our joy adds to yours *and your joy to ours*. We thank you.

—Not a June paper left. If you have one to spare please send it to me and I will extend your subscription a month.

—If you have a "bilious attack" after commencing to take mental treatment you may congratulate yourself. That means that the Word is cleaning house for you. House-cleaning is not comfortable work, but how good you feel when it's over!

—A number of people who sent orders as per July NAUTILUS failed to state whether or not they desired a copy of my book "Constitution of Man." To some of these I did not send the book. If one was wanted please drop me a postal and it will be mailed forthwith.

—Here is the highest compliment I ever heard paid to Shelton: "You can't put any dependence in what he says." You can depend upon most any old thing—the church, the state or Mrs. Eddy. They all stand up and say, "Here I am—I AM mighty! All you poor little things come and hang on to my apron strings." It is "big I and little you" with nearly all teachers, and "little you" takes the suggestion and leans, depends, upon "big I." I take off my hat to the man who is all "big I and big you;" the man who does what he pleases and tells you to do as you want to; who says something new under the sun every day. Hurrah for the man who can't be depended up; the man who makes you do your own thinking and make your own tracks on the sands of time; the fellow whose tracks are too erratic and too wide apart for anybody else to travel in. Hurrah for Tom!—he's as great as I AM.

—What do I think of "West Gate Philosophy?" I think it is positively good—every bit as good as my philosophy or Tom Shelton's or Helen Wilman's or Mary Eddy's or Martin Luther's or Ingersoll's or no philosophy at all. I think there are just as many varieties of philosophies as the world needs and the philosophy for you is the one you like. I like my own best.

—Here is a nice little letter from a virtuous (?) little lady who wants to *see* "something terrible" happen to "immoral women." Verily, it taketh many moons for the Pharisee to plainly see that one "sin" is no greater than another sin; that the desire to see "something terrible" happen to somebody is just as bad—as unright—as to be "immoral." I'd like to say a lot of things here but I dasn't, so I'll refer you to what Jesus says, because then Anthony Comstock and Uncle Sam dasn't object. You see Jesus is a privileged character and can say things through the mail that Uncle Sam would send me to prison for sending out in NAUTILUS. And this is said to be a free country, too. Never mind—freedom is our ideal and our ideals are making us. We are getting there Anthony. In the meantime put on your specs, take off your prejudices, and read the fifth chapter of Matthew, revised version, and you will see that the man who wants to and dasn't is just as bad as the one who does. And sometimes he's a coward into the bargain.

—"Heart and Brain," by S. Lincoln Bishop, Daytona, Florida, is number three of "The Truth About Healing" series. Price twenty-five cents.

INDIVIDUALISMS.

By William E. Towne.

The way to do anything is to DO it.

The kind of people who "tell all they know" are the strongest people in the world, provided they have sufficient faith in their own acts to keep them poised.

A friend is an instrument in the hands of Infinite Life, whereby you are blessed, either in giving or receiving, provided there is no idea of sacrifice on either side.

Friendship is a degree of harmony or atonement, somewhat less than that which obtains where love exists, whereby each gives to the other, consciously or unconsciously, something which they need.

Sensation is not permanent in itself. Back of all sensation there is Principle. Sensation is life *expressed*. But back of life in expression lies the silence of Eternal Principle, from whence all sensations come and upon which they are based. Principle exists from everlasting to everlasting, but sensation, the expression of Principle, changes continually. Sensation is created; Principle is the creator.

It is impossible for a person to receive much benefit from mental treatment so long as they persist in watching with strained attention all the "symptoms" of their disease. This feeds and tends to make permanent the very condition they wish to avoid. You must watch something else besides yourself, and think of something else besides your troubles, else you will continue to be a living conglomeration of "symptoms" in spite of all the mental treatment in the universe.

So many people want to know how to "enter the silence." They speak of it as they would of "going into a trance." There is nothing abnormal about entering the silence, any more than there is about breathing. It means simply turning the attention away from the noise of the objective world and *letting* the mind concentrate on a plane of finer vibrations. Let the Law of the universe express itself through you.

Cultivate respect for your conservative friend. Conservatism is altogether good. It is the cohesive force which helps to preserve form. Try to learn wherein lies the strength of organized conservatism, instead of expressing condemnation and ridicule. Try to *understand* those who live at the opposite pole of being from yourself. You will thus discover the unity of life, and that each individual is both a conservative and a radical, and the two are one.

In the friend who differs from you radically you may see a reflection of that part of yourself of which you have not yet become conscious.

There are a great many people who will have to fret and strain and wear their nerves out until they learn to LET the life and love and joy of the universe find expression through them.

Just practice holding the thought that all things are absolutely right and just and good *here* and NOW. Don't wait until to-morrow or the next day or day after to claim your own. Live in the *present*.

I AM, always have been and always shall be, HERE. This means that that part of me which *lives* is omnipresent and omnipotent.

Send all subscriptions for the Nautilus to the editor, not to me.

—There are tides in everything. This month the flow has brought me many requests for success treatment "on credit." Hereafter I shall deny all such requests and I will tell you why. I have treated hundreds of people on this proposition. A small percentage of those who desired health were benefited or healed. *Not one* who asked success treatment has ever paid up nor acknowledged benefit. *While among those who send money for treatment of any sort there are not three in 100 who do not acknowledge at least some measure of improvement*. One reason for this is that people do not value what they can get for nothing, consequently they are careless of their share in the work of healing. But a stronger reason is that people hate to pay debts and can easily persuade themselves that they "*can't* pay it and anyway they'd probably have had just as good success if they hadn't written." So the debt is left. Now, I AM wealth and I don't need these dollars, but "debt is the devil," and I have quit letting people get the devil on my account. I will send to such applicants The Nautilus free of charge. If they *use* what is therein set forth they can quickly raise a dollar or two if they want further help.

—"I thank you very much for your treatment you have done for me. I feel happy and lively. I have not felt that good for many years. And I shall keep on with your treatment yet. I have been busy down in the garden and to-night I was running a race with my little nephew and I won the race. They all laughed to see me run, because that is something I have not done for many years."

The dear woman from whom this letter came cannot write English, so she dictated the above to a young niece. I print it verbatim, because I am proud of it and happy clear through at the thought of bringing health and joy to this large family of sons, daughters, nieces and nephews, whose mother has been long a "hopeless invalid." Is it any wonder I love my work?

—"My sister's neck is certainly growing smaller and I too am improving."

—Here is a man who calls himself a scientist and yet he thinks there is a large field for somebody to hunt down quack doctors and keep them from making victims of the unwary. Let the quacks hunt up the unwary and teach them a thing or two.

—Oh, never mind the gray hairs and crow tracks. *Get young in your mind and heart*, which is the center of you. In due time youth, beginning within, will spread to the uttermost rim of your universe.

—Somebody says I am a phenomenal hypnotist. Hypnos, sleep; hypnotist, one who induces sleep. I am no hypnotist—I AM a wake-up-ist.

—"I have lost my grip so I write you for success treatment."

Good! Spit on your hands and take a fresh grip higher up. Keep cool; keep sweet; keep your eyes open. Daily I speak for you the Word, which IS GROWING all you desire. Not only is it doing that, but it will teach you where to take hold. Be still and LET it and in the meantime GET READY to take hold. All things are working for you. Don't get scared at ebbs in the tide of success—they only precede a higher flood than ever.

—"A copy of the first issue of the Nautilus came to me while I was behind prison bars and copies of succeeding issues also came, and I cannot tell you what an inspiration they were to me. They helped me to turn an unpleasant experience into a grand opportunity. With the best of wishes for your success and happiness, I am, yours truly, Leroy Berrier."

Such words as these are life to me. Leroy Berrier is the author of that splendid book, "Cultivation of Personal Magnetism," which William has for sale. For endeavoring to enlighten the public upon a most important subject, Mr. Berrier was imprisoned a year under the iniquitous application of that loose-jointed Comstock law.

—I AM speaking the healing Word, the Word of Life, Happiness, Success, to the whole world, collectively and individually, and I AM doing it gratis. Whoso hears my Word and accepts it is made whole. Come unto me all you that want to. If you can't come without the postman's aid see that each letter you send contains somewhere between one and ten dollars. I AM answering letters of that kind.

—Ida C. Craddock has just issued another fifty cent pamphlet as a complement to "Right Marital Living." These books are written from an ideal standpoint, are explicit and concise, and should be widely read and disseminated as missionary literature regarding regenerative living. I know of nothing else so good on this most important subject.

—"Since joining the Success Circle my business has increased rapidly; in fact so fast that I am overworked and will take a rest."

—Sweetheart, if you send a dollar to join the Success Circle it does not entitle you to half a dozen private letters from me—or even one. Every letter must contain at least a dollar or no notice will be taken of it. I must in self-defence adhere strictly to this rule.

—If my own does not come to me I will arise and go to my own.

—Get interested in everything that turns up. Ask yourself the meaning of things and keep quiet enough to hear yourself answer. Listen to your thoughts.

—"In Nautilus will you kindly tell me whether one born May 20 would be likely to live in harmony with one born February 8."

Yes; unless they are powerful gumptionless.

—How about a woman born May 11 and a man born November 23?

Earth and fire; spit and splutter, sizz, *zip!*—until they quit trying to boss each other.

—*Any* two people CAN live together without domestic cyclones and earthquakes. But what's the use of living together if there is no pleasure in it?

—"Of my eighteen regular publications the Nautilus gives more substance and food for thought in the same space than any other; so I want more."

—"Our success has been phenomenal since joining the Success Circle." Ogarita Hatfield.

—"I AM the resurrection and the life." Believe and be.

—The New York man who wants to know why, or how, we have all eternity to work in will be able to answer his own questions after a careful perusal of "The Constitution of Man."

—Lida A. Churchill, 97 Seventh Avenue, New York, knows "Just How" to concentrate considerable information into a very small leaflet. "How to Concentrate the Mind" is good and the price is a quarter.

—The letter to the Success Circle, in this issue, is a lesson in *concentration*. Reread until you *get into the spirit* of it.

—Nothing turns out disastrously *except in your mind*.

—If you could see the stacks of congratulations we are receiving, it would do your soul good. And you would not be surprised that we must thank you all through Nautilus.

—If you have written me and received no answer write again. Your letter never reached me.

—There is an E. S. Towne in this town. To avoid mistakes please address me as Elizabeth Towne.

—If you want a soporific don't send fifty cents to T. J. Shelton, 1566 Marion, Denver, Colo., for a copy of his new book, "I Am Sermons." You can't nod whilst he preaches.

—"My brother's recovery from the operation has been remarkably speedy. He is a surprise to everyone. I did not hinder your Word by being anxious for him."

The Success Circle.

Treatment for Business Success Only.

Daily I speak for each member of this Circle the Word of success. Any man or woman is eligible for membership who is engaged in business, or desires to be. Any woman who is a helpmeet to husband or son is partner in business and may join the Success Circle, either with or without the other's knowledge, and receive its benefits for both. One year's treatment and "The Nautilus" for a year for one dollar. For obtaining quickest and best results read daily, night and morning, the monthly letter to the Success Circle, printed herewith. No special hour for receiving the WORD is necessary. It is with each member and works night and day, feeling or no feeling, until it manifests that for which it is spoken.

How do you *think*, Sweetheart? How do you *do*? How do you *feel* is of no consequence so I'll not ask it.

Stop your efforts now for a few minutes and *get your bearings* again.

What are you *aiming* for? SUCCESS IN BUSINESS, which is simply the RESULT of self-expression.

Self-expression has a money value and he who most freely ex-presses (presses out) himself, his thought, into the visible, *practical* world receives most money from the world.

You have within you unlimited force which only needs expression to bring you unlimited, *visible* wealth. *How to get it out* has been the question.

I say unto you that the way to get it out is to *put it into each thing you find to do.*

WAKE UP!—and *see how much thought* you can put into the *one thing* in hand. The more thought force you *put in* to what you do the more Self you have ex-pressed—*pressed out* of yourself. See? *And the more money you will bring.*

And one thing done that way is always a stepping stone to something better *and each brings you nearer to the goal of your desire.*

That goal is *fixed* and *every* experience takes you nearer, *but every half-done thing is a loitering by the way.*

Not because the thing *must* be done (that is a matter of choice) *but because you have lost the opportunity to press out yourself* and there is really a *fixed quantity of Self* that must be expressed before you can attract money in great measure.

It is the *expressed* self which is the magnet.

Now let's see "where we are at." We DESIRE Success; Success is our objective point—real, *money* Success. We are getting there by *putting ourselves* into each thing that turns up—by GETTING INTERESTED in it and doing it with a WILL.

Now there is one thing right here to be guarded: When we are *putting ourselves* into anything we must be quiet and *take pains not to spill ourselves* and thus *waste* energy. We are to be quietly confident so that we put into each thing *just the right amount* of Self, of thought energy, and not let it *slop over.* I see you are catching on.

NOW we are ready for a new month and the best one yet. The Word is with you. Steady now. Keep cool. Keep sweet. Keep at it. SUCCESS IS OURS.

—August.

—Let's change the subject.

—William is running the book business.

—I AM running "The NAUTILUS" and healing the lame, the halt and the poverty stricken.

—Wherefore, please don't get your orders mixed. Write your book orders on separate sheets of paper.

—You see William and I believe in individual economic independence, so our business is just as distinctly individual as it was a year ago.

—But, land!—I'd give him my last penny if he needed it. And he would do likewise with me. But it adds to the happiness of each to *have* something to give. For instance, I bought him a nice pair of new slippers the other day, which wouldn't have been a bit of fun if half the money had been his.

—Which reminds me that all this poverty pinching is driving women to economic independence. And economic independence means increased capacity for giving and gaining happiness.

—So don't grumble, dearie, because you have to skimp. *And don't skimp.* Do not spend your force trying to make one dollar do the work of two. Do not cut the head off every Desire that is born within you. *Desire is* LIFE.

—Instead of killing out desires *make up your mind* to find out a way to gratify them. Keep mum and think. * * * Don't *stew.* * * * Think *quietly—so quietly that you hardly think at all.* * * * Keep cool and an Idea will generate in your brain; an Idea whereby you may earn the wherewith to gratify desires—your's and other people's.

—When you've got your Idea keep mum some more. A woman—or a man either—is apt to go off half cocked when she catches sight of an Idea. Which scares that Idea clean out of range. Don't. Keep mum until you know just what steps to take to bring down your Idea where you can *use it.*

—When you think you've got your bird the next thing to do is to sleep on it. Keep mum again. Keep cool. Don't get in a rush. Stay your haste. Make delays. An eager pace means a trip up and maybe a smash up. Steady now, steady. All eternity is yours to work in. Ready—steady—*aim*—FIRE!

—The next thing to do is to aim *again*, and keep on aiming. * * * *Put your thought* into working out your Idea in detail.

—If at first you don't succeed keep mum some more until it comes to you just what to do next.

—Then do it.

—That is the road to economic independence for man or woman.

—Without economic independence a man or woman is a slave, tied to the cart wheel of the God Mammon.

—Snap the string. *You can.*

—And climb onto the cart where you can boss Mammon, instead of letting Mammon boss you. *You can do it.*

—"East Tennessee Sketches," by Cecile and Albert Chavannes is a prettily bound little volume of personal reminiscences just issued. Besides being interesting the book contains invaluable hints as to the attainment of happiness in every day living and the treatment of children at home. And in addition to all this there are fine portraits of the authors. Price, twenty-five cents. Mr. Chavannes' address is 308 Fourth avenue, Knoxville, Tenn.

—To every subscriber or patient, old or new, who sends me one or more dollars during the month of August for "The Nautilus," the Success Circle or special treatment, I will send free a copy of my new book, "The Constitution of Man," or either one of Albert Chavannes' books. The latter are, "Vital Force, Magnetic Exchange and Magnetation," "The Nature of Mind," "Magnetation," "In Bright Chimes," a socialistic novel.